

BAR ILAN UNIVERSITY

# Psychodrama Therapy in the Eyes of the Adolescents

**Ronit Levy**

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## Abstract

In the past few years the art psychotherapy, which includes the treatment of psychodrama, became effective worldwide and was officially recognized in Israel during the year of 1998. This recognition gives the art therapists a part of the allied health professions, which are designed for all ages.

Many studies have been made about the effectiveness of the psychodrama therapy. The objective of this study was to examine the psychodrama therapy in the eyes of the adolescents. How the adolescents perceive the experience of psychodrama? How the psychodrama therapy helped them to express their feelings and what made them open their heart and tell their personal story in the improvisation in front of an audience?

While watching the students closely I came to several insights. The first understanding that came up during this study is the combining of the psychodrama therapy with the positive psychology that focuses on the signature strengths and this made the experience positive for the adolescents. The second insight is that an autobiographic play with an aesthetic distance helped the adolescents to rise in emotions and to deal with their difficulties.

Finally, the director – therapist kept and led the group in a significantly sensitive way. The director uses the Pygmalion affect "As in water face answereth to face, so the heart of man to man" (Proverbs 27.19). The director played a significant role in the adolescents' life. This awareness is connected to the positive insight of psychology in the category of the well-being of these adolescents that makes a change in their lives.

Each of these insights has a theory of their own but in this study they are connected with each other. All of the three understandings mentioned above become a shield that protects them and helps the adolescents to deal with their personal difficulties as teenagers and as adults.